

What is claimed is:

1. A packing box comprising:
 a box main body; and
 an inner plate on which a packing object is
5 fixed by at least holding band,
 wherein said inner plate is accommodated in
 said box main body and is kept in a horizontal
 direction.
- 10 2. The packing box according to claim 1, wherein
 said inner plate comprises:
 a main plate on which the packing object is
 fixed;
 a set of first plates which bendably extend
15 from each of first ends of said main plate opposing to
 each other; and
 a set of second plates which bendably extend
 from each of second ends of said main plate opposing
 to each other.
- 20 3. The packing box according to claim 2, wherein
 said packing object is fixed at a center of said main
 plate such that said packing object is not contact
 with inner walls of said box main body.
- 25 4. The packing box according to claim 2, wherein
 said first plates are separated by a first gap, and

said second plates are separated by a second gap.

5. The packing box according to claim 4, wherein
said packing object is wrapped by a first holding band
5 passing through said first gaps between the first
plates of each of the sets for said first ends, and
 said packing object is wrapped by a second
holding band passing through said second gaps between
the second plates of each of the sets for said second
10 ends.

6. The packing box according to claim 2, wherein
said box main body has a rectangular parallelepiped
shape,
15 said main plate is rectangular,
 said first plates are bent upwardly, and
 said second plates are bent downwardly.

7. The packing box according to claim 6, wherein
20 a summation of an extending length of said first plate
and an extending length of said second plate is
substantially equal to an inner height of said box
main body.

25 8. The packing box according to claim 7, wherein
said extending length of said first plate is
substantially equal to said extending length of said

second plate such that said main plate is held at a middle position in said box main body.

9. A method of packing a packing object in a
5 packing box, comprising:

fixing said packing object on an inner plate;
wherein said inner plate comprises a main
plate on which the packing object is fixed, a set of
first plates which bendably extend from each of first
10 ends of said main plate opposing to each other, and a
set of second plates which bendably extend from each
of second ends of said main plate opposing to each
other;

bending said first plates upwardly and said
15 second plates downwardly; and

accommodating said inner plate in said box
main body to keep said inner plate in a horizontal
direction.

20 10. The method according to claim 9, wherein said
fixing comprises:

fixing said packing object at a center of
said main plate such that said packing object is not
contact with inner walls of said box main body.

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11. The method according to claim 9, wherein a
summation of an extending length of said first plate

and an extending length of said second plate is substantially equal to an inner height of said box main body.

5 12. The method according to claim 11, wherein said extending length of said first plate is substantially equal to said extending length of said second plate such that said main plate is held at a middle position in said box main body.

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13. The method according to claim 9, wherein said first plates are separated by a first gap, and said second plates are separated by a second gap,

said fixing comprises:

15 wrapping said packing object by a first holding band passing through said first gaps between the first plates of each of the sets for said first ends; and

20 wrapping said packing object by a second holding band passing through said second gaps between the second plates of each of the sets for said second ends.

14. A packing box comprising:

25 a box main body; and

an inner plate which comprises:

a main plate on which the packing

object is fixed,

a set of first plates bent upwardly from each of first ends of said main plate opposing to each other; and

5 a set of second plates bent downwardly from each of second ends of said main plate opposing to each other,

wherein said packing object is fixed at a center of said main plate such that said packing
10 object is not contact with inner walls of said box main body.

15. The packing box according to claim 14, wherein said first plates are separated by a first
15 gap, and said second plates are separated by a second gap.

16. The packing box according to claim 15, wherein said packing object is wrapped by a first
20 holding band passing through said first gaps between the first plates of each of the sets for said first ends, and

said packing object is wrapped by a second holding band passing through said second gaps between
25 the second plates of each of the sets for said second ends.

17. The packing box according to claim 14,
wherein a summation of an extending length of said
first plate and an extending length of said second
plate is substantially equal to an inner height of
5 said box main body.

18. The method according to claim 17, wherein
said extending length of said first plate is
substantially equal to said extending length of said
10 second plate such that said main plate is held at a
middle position in said box main body.